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CLAIMS

1. A fatigue relief supporting apparatus comprising:

a main body that can be worn on a user's head; and

5 a display member for displaying a predetermined object image, said display member being provided on or in said main body in such a manner that it is not very clearly visible for said user when said user wearing said main body on his or her head looks straight ahead, and that it becomes clearly visible for said user when said user moves his or her eyes down,

the apparatus offers good visibility for said user when said user wearing said main body  
10 on user's head looks straight ahead,

wherein the apparatus has image generating means for generating an image of the object which shuttle in a horizontal direction with respect to the user and displaying the generated object image on the display member, and

the object image has a function that if the user looks down to follow the object image  
15 with the user's eyes, his or her fatigue is relieved.

2. A fatigue relief supporting apparatus comprising:

a main body that can be worn on a user's head; and

a light emitting section having a plurality of light emitting members arranged in a line,  
20 said light emitting member being provided on or in said main body in such a manner that it is not very clearly visible for said user when said user wearing said main body on his or her head looks straight ahead, and that it becomes clearly visible for said user when said user moves his or her eyes down,

the apparatus offers good visibility for said user when said user wearing said main body  
25 on user's head looks straight ahead,

wherein the apparatus has light emission signal generating means for generating a light emission signal that allows the plurality of light emitting members to emit light so that a light image obtained by allowing the plurality of light emitting members to sequentially emit light shuttle in a horizontal direction with respect to the user and allowing the plurality of light

emitting members to emit light on the basis of the generated light emission signal, and

the light image has a function that if the user looks down to follow the object image with the user's eyes, his or her fatigue is relieved.

- 5     3.     The fatigue relief supporting apparatus according to claim 1, wherein the display member is provided in the main body so as to become clearly visible for said user only when said user moves his or her eyes down at an angle equal to or larger than 20 degrees.
4.     The fatigue relief supporting apparatus according to claim 1, wherein the display  
10    member has a predetermined width and a predetermined length, and  
     the object image shuttles in a longitudinal direction of the display member.
5.     The fatigue relief supporting apparatus according to claim 1, wherein the image  
generating means generates the object image such that the object image makes a change that  
15    promotes the user to blink.
6.     The fatigue relief supporting apparatus according to claims 1, 3-5, wherein the image  
generating means generates the object image at a predetermined timing.
- 20    7.     The fatigue relief supporting apparatus according to claims 1, 3-6, wherein the display member includes a right-eye display member located below the user's right eye and a left-eye display member located below the user's left eye.
8.     The fatigue relief supporting apparatus according to claims 1, 3-7, wherein the main  
25    body is shaped like glasses.
9.     The fatigue relief supporting apparatus according to claim 8, wherein the main body comprises glasses frames having lower frames, and  
     the display member is provided on the lower frames of the glasses frames.

10. The fatigue relief supporting apparatus according to claim 2, wherein the light emitting section is provided in the main body so as to become clearly visible for said user only when said user moves his or her eyes down at an angle equal to or larger than 20 degrees.

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11. The fatigue relief supporting apparatus according to claim 2, wherein the light emitting section has a predetermined width and a predetermined length, and  
the light image shuttles in a longitudinal direction of the light emitting section.

10 12. The fatigue relief supporting apparatus according to claim 2, wherein the light emission signal generating means generates the image light such that the image light makes a change that promotes the user to blink.

13. The fatigue relief supporting apparatus according to claims 2, 10-12, wherein the light  
15 emission signal generating means generates the image light at a predetermined timing.

14. The fatigue relief supporting apparatus according to claims 2, 10-13, wherein the light emitting section includes a right-eye light emitting section located below the user's right eye and a left-eye light emitting section located below the user's left eye.

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15. The fatigue relief supporting apparatus according to claims 2, 10-14, wherein the main body is shaped like glasses.

16. The fatigue relief supporting apparatus according to claim 15, wherein the main body  
25 comprises glasses frames having lower frames, and  
the light emitting section is provided on the lower frames of the glasses frames.